



Participant Information BROCHURE

**The Flourishing Child: targeted tools
to promote wellbeing pathways**

This Participant Information Form tells you about the research project and the participation process so you can decide if you want to take part.

Part 1: General Information

We are inviting you to consider taking part in this research study:

- Before you decide whether to take part, it's important for you to understand why the research is being undertaken and what it will involve.
- Please take the time to read the following information carefully. Discuss with friends and relatives if you wish.
- Participation is voluntary. You are free to decide whether or not to take part in this study.
- Ask us if there is anything that is unclear or if you would like more information.

If you decide you want to take part in the

research project, you will be asked to sign an e-consent form. By signing it you are telling us that you:

- Understand what you have read
- Consent to take part in the research project as described
- Consent to the use of your personal and health information as described.

Part 2: Participation Details

What is the purpose of this research?

Our ultimate aim is to improve children's mental health and wellbeing outcomes by improving parents/carers confidence and ability to nurture childhood flourishing. This will be done by supporting families to identify the areas where their child needs more support to flourish through our newly developed 'Flourishing Check' and by increasing the uptake of existing local services and programs through our Pathway Tool.

What does my participation involve?

If you choose to participate, you will be required to:

1. Answer some general questions about yourself (e.g. age, relationship to child, ethnicity, residential suburb).
2. Complete some online questionnaires at the beginning of the project and again 6 months later.
3. Complete a newly developed questionnaire, The Flourishing Check, addressing flourishing in early childhood, with the opportunity to provide feedback on usability.
4. Participants will then be randomly assigned (like flipping a coin) to one of two groups. Neither you nor the investigator will be able to choose which group you will be in:

Group 1 – Pathway Tool group: You will receive the 'Pathway Tool' which will contain a wide range of information such as links to evidence-based programs running in your local area as well as other useful online resources.

Group 2 – Control group: You will continue to receive your usual care. A small selection of participants will be invited to complete the 'Flourishing Check' again a few weeks later.

At the end of the project, the control group will also receive the 'Pathway Tool'. All of the above questionnaires can be completed electronically on your personal device and from the comfort of your home at a time that suits you.

5. A focus group will be conducted with a small selection of participants to understand how you used the 'Pathway Tool' and your experiences with the supports.

We ask that the same parent complete each questionnaire for the same child.



Who is participating in this research?

We are inviting parents/carers of children aged 0 to 5 years (this includes children up to their 6th birthday) who live in the Perth metropolitan area (and particularly those who reside in the Joondalup and Wanneroo regions) to take part. We are aiming to involve 600 parents/carers in total.

Who is leading this research?

This study is led by The Kids Research Institute Australia and involves the ORIGINS investigators Dr Jacqueline Davis, Dr Zenobia Talati, Dr Lisa Gibson, Dr Poonam Pannu and Professor Desiree Silva. The lead investigator on this project and primary contact should you have any questions is Dr Jacqueline Davis.



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How much time will my participation involve?

Intervention Group: Time commitment

STAGE	Time Since Stage 1	Involvement	Time Required
1	NA	Completion of: <ul style="list-style-type: none"> • Demographic Questions • Baseline Questionnaires • The Flourishing Check • Feedback Questionnaires 	45 min
2	1 week	• Complete Pathway Tool Feedback Questionnaire	15 min
3	3 months	• Optional Focus Group Participation	60 min
4	6 months	• Recomplete Baseline Questionnaires	15 min

Control Group: Time Commitment

STAGE	Time Since Stage 1	Involvement	Time Required
1	NA	Completion of: <ul style="list-style-type: none"> • Demographic Questions • Baseline Questionnaires • The Flourishing Check • Feedback Questionnaires 	45 min
2	2-4 week	• Recomplete Flourishing Check (optional)	10 min
3	6 months	• Recomplete Baseline Questionnaires	15 min

Part 3: How is the research conducted?

Do I have to take part in this research project?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you do decide to take part, you will be sent a consent form to agree to be in the study.

What will happen if I change my mind?

Don't worry, participation is completely voluntary, and you can withdraw at any time. Withdrawal from this study will not affect your relationship with ORIGINS, the researchers or organisations involved. If you withdraw, the researchers will not collect additional information from you, although information already collected on you may still be used. Please contact Jacqueline Davis (Jackie.Davis@thekids.org.au) should you wish to withdraw. If you do not want your data to be included, you must tell the researchers when you withdraw from the research project.

How is my privacy protected?

All information we collect on you during the course of this research is kept strictly confidential and any information about you which leaves The Kids Research Institute Australia will have your name removed so you cannot be identified. No information that could identify either you or your child will be released to any person not associated directly with the study. Data we collect will be stored on secure servers at The Kids for a minimum of 7 years. The servers are in a secure building and access is restricted to a few named individuals. Your identifiable data are accessible only to specified members of the data management team. This includes the audio recordings of focus groups, whereby no participants will be identified in information gathered from these sessions.

What will happen with the results of this research?

The findings from this study will be used to inform policy and health-related research, prepare articles and reports for our research group and may appear in the media. We will keep you informed of the progress and results of the study through e-newsletters. All participant data will be de-identified and kept securely in accordance with The Kids Research Institute Australia data management policies.

What are the risks and benefits of participating?

It is possible that you may feel uncomfortable answering some of the questions. If you do not wish to answer a question, you do not need to. If you become upset or distressed as a result of

your participation in the research project, we encourage you to contact the research team on FlourishingChild@thekids.org.au. We would be very happy to speak with you further and direct you to local support services if appropriate or desired. You can also call **Lifeline Australia on 13 11 14**.

To compensate for your time and effort, all participants will be reimbursed with a e-gift voucher via email at relevant time points:

- Completing the first set of standard questionnaires and the Flourishing Check (\$40)
- Completing questionnaires 6 months after enrolling in the project (\$20)
- Pathway Tool group: Completing a questionnaire on using the Pathway Tool (\$20)
- Control group: Re-completing the Flourishing Check a few weeks later (\$20)

The intervention group will also have the opportunity to participate in a focus group, reimbursed at \$50 per hour.

Additionally, by the end of the study, all participants will benefit from receiving information from the 'Pathway Tool' which will help you discover programs in your local area that can enhance childhood flourishing.

Any concerns?

Approval to conduct this research has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics Office at the University of Western Australia on **(08) 6488 3703** or by emailing to humanethics@uwa.edu.au.

All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.